



Romeo's Sensation LLC

Life's New Possibilities

## Contract of Commitment To My Body

Dear Body,

I'm ready to listen without judgment. Today, I promise to:

- Notice your signals (even the quiet ones)
- Ask "What are you trying to tell me?" instead of "Why am I like this?"
- Honor your wisdom—even when it doesn't make "sense"

I'm here. I see you.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_